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A HUGE ICON

Mayor Naheed Nenshi speaks at a ceremony marking the official opening of The Bow. While Calgary's largest skyscraper has been open for some time, Tuesday's event was a celebration of its integration into the city's skyline, culture and identity. Nenshi said the building and the sculpture in front of it — titled Wonderland — have become huge icons for the community. **ROBSON FLETCHER/METRO**

City's 911 eyes next-gen service

Upgrade. Emergency text-messaging, photo and video options coming soon



JEREMY NOLAÏS
jeremy.nolaïs@metronews.ca

Phoning in an emergency will still be preferred, but city 911 officers will soon be able to receive text messages, photos and videos too.

"We will find a robust system that will allow us to do all of that," said Steve Dongworth, commander of the city's public-safety communications (PSC) branch.

"One of our goals is that, when we implement this technology, we don't degrade our level of service, our (response) time limits and all those other things."

Dongworth pegged an overhaul of the entire 911 system as still being a few years away but said Calgary is being

Waste
\$1M

The city wastes \$1 million responding to accidental or wrongful 911 calls — many of which come from pocket dials — despite launching repeated awareness campaigns targeting the problem.

"challenged" by the Canadian Radio-television and Telecommunications Commission to have text service available for hearing and speech-impaired citizens by January 2014.

An annual report going before a city committee Wednesday suggests text, video and phone services for the entire city will be rolled out no later than 2020.

The move comes as part of a larger initiative known as Next Generation 911 that is providing a roadmap of sorts for North American municipalities on what the future of emergency response should look like.

Calgary PSC has already

seen emergency reports provided via cellphones surge to 65 per cent of its total call volume, a spokesperson said Tuesday.

"Everybody has a cellphone these days," Dongworth said. "The main advantage (of having photo and video) is the ability for us to relay that information to responders heading into the scene."

Calgary Crime Stoppers already offers a text option and in some other major Canadian cities anonymous reporters have the ability to submit photos and videos too.

"Obviously, we're going to try to keep up with technology the best we can," said executive director Terry Hathaway. "The biggest concern with that kind of stuff is privacy."

Calgary Crime Stoppers still received nearly two-thirds of its tips through anonymous phone calls last year, while 34 per cent of reports came online and fewer than three per cent came via text message.



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Health

Province promises new family clinics

Alberta says it will roll out 24 new family-care clinics starting this fall to help relieve pressure on over-crowded emergency wards.

"This is a new way of doing things, and I think that's pretty exciting," Premier Alison Redford announced Tuesday at an inner-city health centre. "This is something that is entirely different than what we're seeing anywhere else in the country."

Health Minister Fred Horne said the clinics will be one-stop locations for precautionary care. Patients will be able to see a pharmacist, a dietitian, a nurse and a doctor all in one visit.

Horne said one of three pilot family care clinics in Slave Lake, north of Edmonton, resulted in a 20 per cent drop in ER visits.

"It will guide our evolving system to be an even more effective front door to health care for Albertans," said Horne.

The province has set aside \$50 million this year for the project, which was an election-campaign commitment made by Redford. The final goal is 140 clinics.

Liberal Leader Raj Sherman said the family-clinic model is effective, but not if Redford's government takes resources from other areas of health care.

"My concern is: are they cannibalizing the other end of the health system to pay for it?" Sherman asked.

"We need a massive investment in primary care, but not at the cost of severely underfunding home care, cutting palliative care in Calgary and closing transition units."

THE CANADIAN PRESS

Kendall. Family thankful for support after climber's death

The family of a University of Calgary track star says they've been touched by the outpouring of support after their daughter was killed in a South American ice-climbing incident.

Danielle Kendall was on a post-graduation trip to climb an Ecuadorian volcano when she was struck and killed by a piece of falling ice last week, according to reports from the region.

Kendall's family flew to

Quito, Ecuador, to claim her body after word of her death reached them early Monday.

Family friend Pete Sametz provided a statement on behalf of the family.

"The Kendall family wishes to thank all those who have expressed their sympathies and condolences on the passing of our daughter Danielle early Sunday morning as a result of a tragic accident on Cotapaxi



Danielle Kendall

volcano in Ecuador.

"Our focus is currently on recovering Danielle's body from Ecuador, and we will announce plans for services at the end of the week.

"We are touched by and appreciate all the support from

family, friends, neighbours, teammates, classmates, co-workers and officials both in Canada and Ecuador in our time of grief."

The 22-year-old Calgarian was described as "a very impressive kid" by Sametz, and friends of Kendall commented Monday on her dedication to her track team and her ability to balance both athletics and academics.

ALLISON PARDER/FOR METRO

Festival plans raise worry

Mad Decent Block Party

Residents wary of music event, which will be first private affair at Prairie Winds Park

Projected attendees

4,000

City officials said 3,000 to 4,000 people are expected to attend the Mad Decent Block Party.

Residents of a northeast Calgary community and their alderman are making a racket over an electronic-music festival planned for an area park, claiming they were consulted too late.

The Mad Decent Block Party is scheduled for July 19 at Prairie Winds Park, according to the event Facebook page, and will feature bass-heavy artists like Major Lazer, Flosstradamus and Smalltown DJs.

The event will see one quarter of Prairie Winds closed for four days and have live artists performing from 3 to 10 p.m. on festival day, according to Teresa Byrne, city events superintendent.

But members of the nearby Martindale, Falconridge and Castleridge communities said they only learned about the event after tickets had already gone on sale.

"I don't see how this is going to work," said Mark Langlois, association president for Falconridge-Castleridge.

"The parking, there's going to be alcohol consumed and apparently no one's allowed to come and go from the festival, but how are they going to monitor that?"

Byrne said more typical venues such as Shaw Millennium Park, Prince's Island Park and Olympic Plaza were first considered to host the party, but all were booked solid.

During a subsequent survey, Prairie Winds emerged as a legitimate host, provided Union Events, which is organizing the festival, agreed to certain conditions on noise and space.

"They're a local business that is invested in ensuring safe and proper protocols are adhered to for the event, because it's their livelihood and they want to ensure that Calgary is the vital city it's meant to be," Byrne said.

Union Events was still formulating a response to a Metro inquiry about the festival at press time. JEREMY NOLAIS/METRO



Mark Langlois, community association president for Falconridge-Castleridge, says he's requested tickets to attend and monitor the Mad Decent Block Party at Prairie Winds Park on July 19 because he's not convinced it can be run without inconveniencing area residents. JEREMY NOLAIS/METRO

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Mayor on the mike?

Radio host 'technically' but not yet seriously considering a mayoral run

Talk-radio host Dave Rutherford said Tuesday he's been approached about running for mayor,

and while he hasn't ruled the idea out he has yet to seriously pursue it either.

"I guess technically, Ange, I am considering it," Rutherford said on-air to fellow News Talk 770 host Angela Kokott.

"But how serious am I? I don't know yet."

The right-leaning, 64-year-old Rutherford is set to leave his morning radio show at the end of

July.

He said he's keeping all of his options open but would have to do some self-reflection and discuss the idea with his family before making a decision.

Rutherford said it was "interesting" to see the sudden buzz generated by the mere suggestion that he might run for mayor.

"There is a lot of reaction out there," he said.

"Whether that's a barometer of anything else, I don't know."

So far, no candidates have declared an intention to run against Mayor Naheed Nenshi, who remains one of Canada's most popular municipal leaders.

Nenshi is widely considered the odds-on favourite to win in October's election.

ROBSON FLETCHER/METRO



Radio host Dave Rutherford
CONTRIBUTED/NEWS TALK 770

YWCA. New job-resource centre set to give women the skills to pay the bills

Carol Eastman called the YWCA home for over a year after finding herself unexpectedly homeless.

Eastman left with a newfound confidence in herself and shifted back into Calgary's housing and job market. With a new employment resource centre (ERC) having just opened at the downtown YWCA location on 5th Avenue S.E., Eastman thinks a lot of woman in need will be able to get back on their feet even quicker.

"If this was here when I stayed here, I think I would've been out in six months instead of a year," she said.

The resource centre, funded in partnership with Vermilion Energy, is equipped with computers and has two new staff members specifically hired to assist struggling women with building life skills, including job-search techniques and seeking out education partners.

"Most places direct you to a computer and send you to work," Eastman said.

"Here someone will walk you through it and give you the skills you need."

Sue Tomney, CEO of YWCA of Calgary, said the new facility is an evolved form of their old facility.

"The goal for the YWCA of Calgary is women thriving in the community. Ultimately, we want them to get back into the community and be engaged, the way they want to," ALLISON PARDER/FOR METRO

Environment Expo gives students a chance to lead

Side by side. Event shows off student work as well as professional environmental exhibits



ROBSON FLETCHER
robson.fletcher@metronews.ca

A group of Grade 4 students from Calgary's École St. Gerard got the chance to show their work directly to Mayor Naheed Nenshi on Tuesday as the 24th annual Mayor's Environment Expo kicked off at city hall.

"I was really surprised we got the chance — I think all of us were," said Katharine Van Steenburgh, who admitted it was difficult to keep her cool once the mayor asked to hear more about their project.

"I was really like, 'I can't believe this is happening,'" she said. "But I just tried to be as relaxed as I could and tried to imagine I was speaking to just another person so I wouldn't totally freak out."

The students' "Walk This

Tradition

The Mayor's Environment Expo is held each year in conjunction with national Environment Week.

- An estimated 3,000 people are expected to attend this year.

Way" display — which focuses on how individual passions can lead to collective action — was one of several school projects showcased Tuesday, alongside dozens of environmental exhibits from businesses and non-profit organizations.

"It is really mostly for young people to get an opportunity to showcase the kinds of work they've done in their schools and their neighbourhoods about improving the environment at a very local level," Nenshi said.

"It reminds us that every single one of us — even if we're little — has the opportunity to make positive change in our world," he added.



From left: Gigi Stawart, Katharine Van Steenburgh and Eli Pelletier talk about their school project with Mayor Naheed Nenshi. ROBSON FLETCHER/METRO

Probiotics may heal kids, not just sell yogurt



Dr. Stephen Freedman examines 18-month-old Rylen Smith while he's held by mother Jaime Smith at the Alberta Children's Hospital. ROBSON FLETCHER/METRO

Research underway in Calgary could lead to a new treatment for stomach flu in children that local mother Jaime Smith believes would help parents sleep easier at night.

"It definitely would put you at ease," Smith said of a prospective probiotic treatment currently under review by scientists affiliated with the University of Calgary and Alberta Children's Hospital.

Lead researcher Dr. Stephen Freedman said the

goal of the study is to "reduce the burden of the disease on the child and the family."

He said this particular probiotic agent — easily ingestible when mixed in juice or other drinks — has shown some promise in reducing vomiting, diarrhea and fever. Researchers across Canada plan to examine its effects more thoroughly over the next three years.

Smith agreed to include her 18-month-old son Rylen

in a pilot study of the probiotic after he came down with persistent diarrhea and vomiting earlier this year.

"He was really lethargic, and I was getting concerned about his fluids because he couldn't keep anything down," she said.

The problem for parents, Smith noted, is there's little doctors can currently do for kids' stomach illnesses, other than offering an IV in hospital and instructions to keep them as hydrated as

Truth takes time

Freedman said it takes rigorous study of an agent like this in order to attach specific health claims to it.

- Grocery-cart cures. He added that's something many food products labelled as "probiotic" can't legally do.

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B.C. cops bust buried pot crop

Grow-op. Underground bunker containing 430 plants, industrial generator linked to Hells Angels, police say



EMILY JACKSON
Metro in Vancouver

A sophisticated underground marijuana grow-op disguised as a Langley hobby farm — complete with three sheep, a pig and guarded by about a dozen pit bulls and Chihuahuas — was busted by police over the weekend.

RCMP needed a crane to excavate five steel shipping containers connected with a continuous underground pathway at the property in the 27000 block of 56th Av-

enue, according to a news release from B.C.'s Combined Forces Special Enforcement Unit.

Three men and one woman were arrested when investigators found 430 plants at the site, though they were later released pending further investigation. The dogs are being cared for by one of their family members.

Officers were "shocked" that the operators cut into a nearby natural-gas pipeline to power the elaborate bunker system with an industrial-sized natural-gas generator worth about \$100,000.

"This had the potential to be extremely dangerous to the public and emergency responders," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

Police believe the grow-op, described as a "complex

Industrious crime

"The lengths that the people constructing these types of grow-ops will go to are alarming."

CFSEU-BC spokesman Sgt. Lindsey Houghton, in a statement

operation that required a great deal of planning and equipment," including cranes and flatbed trucks, was running for at least a couple of years.

This is the second underground grow-op the CFSEU-BC has dismantled in the past two months. While police don't believe the Langley operation is connected to the Mission, B.C., operations disguised as horse paddocks they busted last month, they think both are linked to the Hells Angels.



Judge accepts Holmes' insanity plea

Sheriff's deputies search people before they enter district court for a hearing for Aurora theatre-shooting suspect James Holmes, inset, in Centennial, Colo., on Tuesday. A judge accepted James Holmes' long-awaited plea of not guilty by reason of insanity Tuesday and ordered him to undergo a mental evaluation — an examination that could be a decisive factor in whether the Colorado theatre shooting suspect is convicted and sentenced to die. The judge also granted prosecutors access to a hotly contested notebook that Holmes sent to a psychiatrist shortly before the July 20 rampage, which left 12 people dead and 70 injured in a bloody, bullet-riddled movie theatre in suburban Denver. BRENNAN LINSLEY/THE ASSOCIATED PRESS

Auditor general

Senate proposes expense review

The Harper government is hoping to restore public confidence in the Senate by putting the scandal-plagued chamber's books under the auditor general's microscope.

Sen. Marjory LeBreton, introduced a motion Tuesday asking auditor general Michael Ferguson to conduct a comprehensive audit of Senate expenses, including the expense claims filed by individual senators.

THE CANADIAN PRESS

El Salvador

Woman denied an abortion recovers after baby's death

An ill Salvadoran woman who delivered a baby through a cesarean section after being denied a medical abortion is recovering well and has had her tubes tied as she requested, doctors said Tuesday.

The 22-year-old's bid to end what her lawyers said was a life-threatening pregnancy drew international attention.

THE ASSOCIATED PRESS

Erectile-dysfunction pills. Alleged love-drug pushers looking at hard time

Two men are accused of bringing into Canada hundreds of thousands of contraband erectile-dysfunction pills made in China.

The Canada Border Services Agency says the illegal products were intended for sale on the Internet and in sex shops in different provinces.

Dozens of charges are being laid against Alain Elmaleh and Alain Richer, and against

12 businesses Elmaleh owns in five provinces: British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

The border-services agency announced Tuesday it is laying 37 charges against the two Montreal men under the Customs Act, the Food and Drugs Act and the Criminal Code.

Authorities say the investigation was launched in 2011.

THE CANADIAN PRESS

Proposed ban. Rapists in India 'provoked by mannequins': Official

Mannequins displaying lingerie and other skimpy clothing may soon be banned in India's cosmopolitan city of Mumbai as an anti-rape measure.

The municipal council overwhelmingly passed a resolution last month barring stores from putting scantily-clad mannequins outside their shops. The municipal commissioner has yet to give the required approval of the resolution.

The measure comes as an American woman was gang-raped Tuesday in the northern Indian resort town of Manali, police said.

"Such people get provoked by mannequins. After all, a mannequin is a replica of a woman's body. That's why I oppose it, because mannequins do not suit Indian culture," said city council member Ritu Tawde.

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Canadians slow pace of debt accumulation

Personal finance. Data shows largest quarterly drop in non-mortgage debt since 2004

New data on consumer credit suggests Canadians are becoming more cautious about making purchases that involve taking on debt.

The analysis by TransUnion Market Trends shows average consumer debt in Canada, excluding mortgages, fell by two per cent to \$26,935 in the first three months of 2013 from the fourth quarter in 2012.

While total debt is still 3.5 per cent higher from a year ago, it was the first quarterly drop since the third quarter of 2011 and the largest since the firm began collecting the data in 2004.

TransUnion vice president Thomas Higgins says while the fall-off was significant, it is still too early to declare a



Average Canadian consumer debt, excluding mortgages, fell by two per cent in the first quarter of 2013 compared with the fourth quarter of 2012. THE CANADIAN PRESS FILE

trend. He notes that the 2011 decline was quickly followed by rapid increases in 2012.

The Bank of Canada has welcomed the general trend to more frugal finances among households, particularly in mortgages, which make up for the vast major-

By the numbers

\$1,398

The average Canadian pays about \$1,398 in interest each year on their lines of credit, says TransUnion vice-president Thomas Higgins — but that would rise by \$350 if rates rose by one percentage point, and by \$699 if rates rose two points.

ity of debt held by Canadians. The bank continues to warn, however, that Canadians could be caught out once interest rates start rising.

With interest rates at rock-bottom levels, TransUnion says delinquency rates remain low for all credit products.

On consumer debt — which includes credit card debt, lines of credit, instalment and car loans — all provinces except British Columbia posted a quarter-quarter decline in the first three months of 2013. In B.C., credit rose 3.7 per cent.

THE CANADIAN PRESS

Consumer safety

Feds introduce stiff fines for firms that don't obey recalls

The federal government is going to impose fines of up to \$25,000 a day on companies that don't remove unsafe consumer products from their shelves. Health Minister Leona Aglukkaq announced Tuesday that a company that ignores government orders and deadlines to withdraw unsafe goods will be handed a stiff fine. THE CANADIAN PRESS

Market Minute

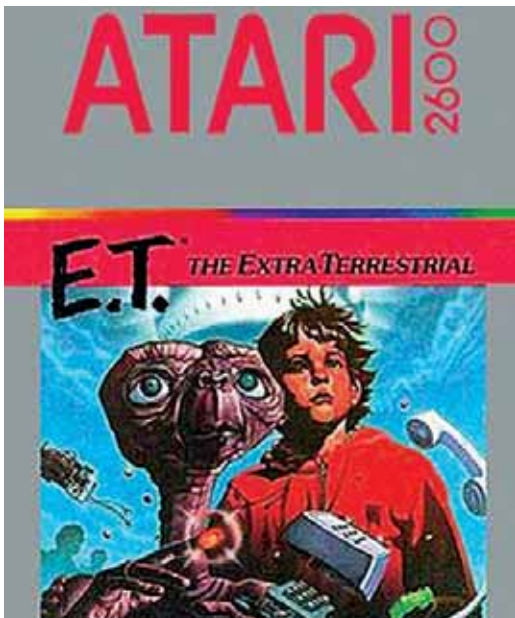
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Would you dig through a landfill for this game?

A New Mexico city commission has agreed to allow a Canadian studio to search an old landfill where old, terrible Atari games are rumoured to be buried. The Alamogordo Daily News reports that Alamogordo, N.M., commissioners will allow Fuel Industries, which has offices in Ottawa and Los Angeles, to search the landfill for games. One sought-after game, the E.T. video game, is thought by some gamers to be one of the worst video games of all time. Atari paid Steven Spielberg tens of millions of dollars to license the E.T. name, and the dud of a game caused the troubled company's worth to sink even further at the time. Alamogordo Commissioner Jason Baldwin says he played the E.T. game and it was horrible. THE ASSOCIATED PRESS

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DENY MILK FOR GREENER PASTURES

I'm so confused.

This week's hot book says that if you really want a meaningful relationship, you should go on a sex diet.

Well, to be precise, it says women should go on a sex diet, but that has obvious implications for their potential partners, who are everybody else.

The book is called *The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit — And Find a Real Relationship*.

The author is Dr. Wendy Walsh, one of those friendly experts who populate the cable news channels. She even plays cable news experts on movies like *Baywatch* and *The Cable Guy*. I'm not sure how she went from a Ryerson journalism grad to "doctor," but it happened somewhere between Halifax, where she was born, and Los Angeles, where she was reborn on Fox and



JUST SAVIN'

Paul Sullivan

metronews.ca

CNN.

She does appear to have a PhD in psychology from the California Graduate Institute, which is not based on the back of a pack of matches, so we should listen.

The diet analogy goes beyond the title. It's all about "slow love." Like "slow food," get it? Citing "evolutionary psychology," Dr. Blond Alliteration promises to help women:

- Purge junk-food men
 - Learn the five sexual myths that keep women single
 - Determine when to begin the onset of sexual activity in a new relationship
 - Avoid the biggest mistakes women make when dating online
- Spot a commitment-oriented man at his "state of readiness," which is not, apparently, what you think it is.
- The secret: No sex for the first 30 days. As far as I can tell,

she'd really like you to abstain until he puts a ring on it, but that's way too long for today's post-Sex and the City woman.

Dr. BA also says women should stop sexting during this same period of abstinence. It's the sexual equivalent of empty calories.

But! But! you're probably asking yourself: "How is this any different from the advice that mom used to dole out on a daily basis?" And, truth be known, still does. Well, it's scientific. During orgasm, the female body unleashes a tide of oxytocin, a hormone that encourages bonding. This is dangerous, according to Dr. Walsh, as a woman can think she's just hooking up when she's really bonding with some unsuitable, commitment-phobic, bad-boy creep who is just using her for sex.

So it's like mom (or dad, who knows all about commitment-phobic bad boys because he probably used to be one) with a PhD. Just goes to show the value of a good education. The moral of this story is that morality has nothing to do with it, but it's still the same old story: "Why would he buy the milk if he can get the, er, cow for free?"

Slow love rules. Even in the 21st century.

ZOOM

My little pony and his care bear



Foal finds comfort with teddy bear

An orphaned week-old foal sleeps soundly in the lap of his new surrogate mum — a teddy bear. Breeze, the bay pony, was found abandoned in Dartmoor National Park in Devon, southwest England, just a few hours after his birth.

After finding the

newborn, rescuers from the local Mare and Foal Sanctuary took him in. Breeze had been stumbling hopelessly around the park's hillside and attempting to suckle on other mares. When he was found by rescuers after first being discovered by a local farmer, he was suffering from clinical shock and dehydration, said staff.

METRO

Stuffed companion

"We always give our orphaned foals a giant cuddly toy as a companion. They're just like human babies in the way in which it provides them with comfort."

Syra Bowden, executive director at the Mare and Foal Sanctuary

Vets come to the aid of poor pony

Despite the comforting effect from his cuddly toy, Breeze isn't OK.

Vets spent three hours by the poorly foal's side. He was placed on a saline drip, had a catheter fitted and was given crucial colostrum drips, milk and medication on his arrival. METRO

Clickbait



HANNAH ZITNER

hannah.zittner@metronews.ca

Sick of hearing about the Red Wedding second hand? Wishing you could silence your co-workers, Twitter and Facebook until you're caught up on the nuptials? You're in luck, now you can (though you're on your own with the co-workers part).

silencer.io

Google Chrome's 'mute packs' let you silence hashtags, people, terms or phrases on Twitter and Facebook to clear your feeds of spoilers (or boring friends or irritating topics).

spoil.rs

For those who want to "never annoy your followers again," spoil.rs masks your tweets so you can tweet to your heart's content about Robb Stark without fearing the wrath of Game of Thrones.

Twivo

Coming soon to a URL near you. This program gives users more control over what they block by including timeframes in the filters — giving TV-watchers self-imposed deadlines to get on with their viewing.

Twitter apps

Though you can't use filters on Twitter's iPhone or Android apps, there are a handful of third-party apps that do the screening for you. Try Tweetbot for iPhone or Plume for Android.

Twitter



@metropicks asked: Dunkin' Donuts recently added a doughnut breakfast sandwich to its menu. What would you like to eat between two pieces of doughnut?

@Mattgela: I would eat some good fruit in between! :P

@RealMarcDunn: #JimGaffigan already invented the donut ham hamburger, so Dunkin's a little late, but you can't go wrong with #bacon

@aymyao: I'd love to have bacon weave in my donut

@morbiddangel: hopefully timmies is taking notice.

@Canucklehead_ca: Would be much easier to list things I WOULDN'T eat between 2 pieces of donut. (Thinking bacon & Timbits to start though.)

@FrenchmanCanada: Another donut!

@patriciacameron: Obesity, diabetes, other health issues link to toxic foods like this. Party pooper would eat NOTHING this way.

@LaniganDarin: Just skip the pleasures of making people sick and kill them outright, put the KFC double down between 2 donuts

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Paid to be unemployed: when actors get naked

The Internship.

Owen Wilson and Vince Vaughn use a familiar formula with their latest bumbling, stumbling comedy



IN FOCUS
Richard Crouse
scene@metronews.ca

The new buddy comedy *The Internship* pairs Owen Wilson and Vince Vaughn for the first time since 2005's *Wedding Crashers*.

They are still wild and crazy guys, but this time out they are unemployed wild and crazy guys pushed out of their jobs by technology.

Unable to get a foothold in the new media field they take intern jobs at Google.

"We're looking at some sort of mental *Hunger Games* against a bunch of genius kids for just a handful of jobs," says Wilson.

Many movies have used unemployment as the starting point for storytelling.

In *Lost in America*, rated one of Bravo's 100 Funniest Movies, Albert Brooks plays a successful advertising executive who gets fired for insulting his boss.

Free from the shackles of employment he goes all carpe diem and convinces his wife Linda (Julie Hagerty) to leave her job and explore the country in a Winnebago. When they lose their nest egg



Owen Wilson, left, and Vince Vaughn star in *The Internship*, which opens this weekend. HANDOUT

on a Las Vegas stop over they reenter the work force as a crossing guard and manager at a Der Wienerschnitzel restaurant, respectively.

As the movie ends they hit

the road once again, hoping to reclaim their old jobs and lifestyles.

It would be hard to imagine a more toxic workplace than the real estate office in

Glengarry Glen Ross.

Encouragement comes in the form of verbal abuse — most of which can't be printed in a family newspaper — and a motivational sales

Get hungry

"We're looking at some sort of mental *Hunger Games* against a bunch of genius kids for just a handful of jobs."

Owen Wilson
Talking about his new movie *The Internship*.

contest offering three prizes.

The top seller wins a Cadillac Eldorado.

"Second prize is a set of steak knives," says Blake (Alec Baldwin). "Third prize is you're fired."

Playwright David Mamet based the original play on his experiences working in a real estate office in the 1970s.

Finally, *The Full Monty* is a comedy that takes a serious look at the effects of unemployment on the individual and the community.

Set in Sheffield, England, it's the story of six men, most unemployed steel workers, who come up with a unique way to pay the bills.

They decide to form a Chippendale dancer style group, separating themselves from the pack by going "the full monty" and go completely stark naked.

While filming, the actors agreed to go completely nude in front of 400 extras provided they only had to do it once.

They got it in one take, and according to Roger Ebert, the inspiring and revealing final scene "was applauded at the screening I attended."

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John Mayer. ALL PHOTOS GETTY IMAGES

Mayer exploring Perry's wonderland once again

It looks like on-again, off-again couple Katy Perry and John Mayer are very much on again, though this time it's a more "casual" relationship, according to E! News.

"They are just hanging out," a source says.

"They are not putting a

label on it."

Though they haven't stepped out in public together since their March breakup, Perry and Mayer have reportedly been spending most of their nights together.

A rep for Perry couldn't be reached for comment.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Radcliffe really wants to be a rad dad

Daniel Radcliffe wants to start a family, and he may be in somewhat of a hurry about it.

"I'd like to get started on it before my 30s," the 23-year-old Harry Potter star tells Time Out London. "I like the idea of being a youngish parent so I've got energy to play football, even though they'll be better than me by the time they're four."

And while he doesn't currently have a mom-to-be in mind, the height challenged Radcliffe admits she'll have to do a lot of the heaving lifting, height-wise.



"I will have to find a very tall wife if they're going to be good at sports," he says. "You could be my size as a boxer, you'd just have to be a super featherweight or something."



Al Pacino

Don't say Pacino never did anything for you, Bruce

If Al Pacino is to be believed, he could have been Han Solo. The Oscar winner says he nearly starred in some of the biggest franchise-starters in Hollywood history but decided to turn them down.

"Star Wars was mine for the taking, but I didn't

understand the script," Pacino told an audience in London, according to the Evening Standard.

He also claims he turned down the lead role in Die Hard that eventually went to Bruce Willis. "I gave that boy a career," Pacino said.

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Amanda Bynes sees a silver lining with legal troubles

If you're curious about the latest details in Amanda Bynes' legal battles, the troubled starlet is happy to oblige.

"The (district attorney) and my lawyer talked today," Bynes posted to Twitter.

"They have no proof of drugs on me or around me

at anytime during the arrest or after. All I'm becoming is more famous. Thanks for lying about me!"

Bynes was arrested May 23 on counts of reckless endangerment, tampering with evidence and criminal possession of marijuana. She's due in court July 7.



Amanda Bynes

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Hats off to Panama!

Country of contrasts.

This little nation with a famous canal boasts a bustling city, pristine beaches and verdant countryside

FERNANDO
CARNEIRO

life@metronews.ca

From modern skyscrapers in Panama City to the wild countryside and pristine beaches, Panama is a country of contrasts.

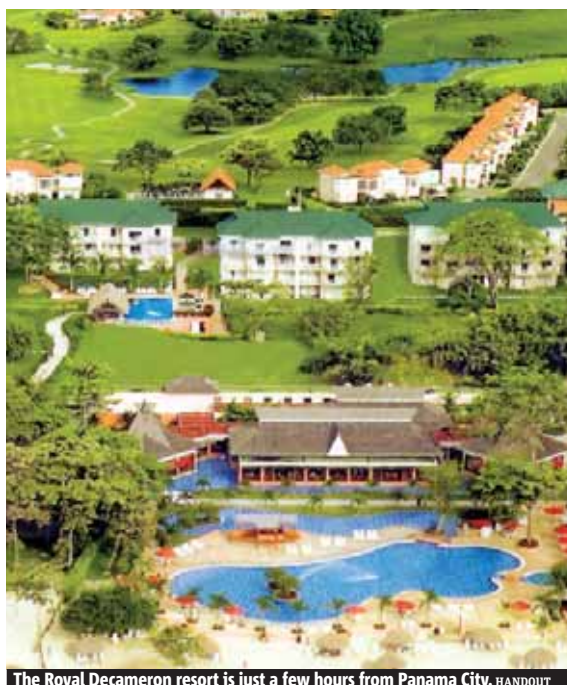
The Panama Canal, of course, brings people from all over the world to the capital, where international cuisine is easily found along with Caribbean flavours in restaurants such as Manolo Caracol and La Vitrola.

Its imposing skyline, dotted with ultra-modern architecture, is on display through the windows of downtown hotels like the Radisson Decapolis or the rooftop of the Hard Rock Hotel Panama Megapolis.

The nightlife includes a variety of charming restaurants in the Casco Viejo (old city) and salsa clubs featuring live bands such as the Havana Club Panama.

The local currency? They use U.S. dollars, except for the coinage, which is called the Balboa and minted in Canada.

A short drive away lies a different world in the tropical forest. Day tours for zip lining, culture and craft, or a visit to



The Royal Decameron resort is just a few hours from Panama City. HANDOUT

the Embera Indigenous Community range from \$55 to \$90.

For rest and relaxation in the sun, Panama has beaches on both the Pacific and Atlantic oceans.

Just a couple of hours from Panama City lies Farallon, home to the Royal Decameron Golf, Beach Resort and Villas Panama.

This all-inclusive resort is situated in a "dry arch," which means more sunny days on the beach.

Ten restaurants, a spa and various swimming pools make

Canadian influence

Canadian architect Frank Gehry — whose wife is Panamanian — designed the soon-to-be-finished Biomuseo, which showcases Panama's biodiversity. The distinct building, expected to become a cultural icon, is colourful to reflect its tropical environment.



Ultra-modern architecture dots Panama City's skyline.

FERNANDO CARNEIRO/METRO



Getting there

Nolitours offers flights through Air Transat to Panama City and various packaged vacations.

The world's greatest shortcut

It's impressive today and it must've blown people's minds 99 years ago when the first ship crossed the Panama Canal. Possibly the world's greatest shortcut — it takes ships an average of eight to 10 hours to transit the Canal versus nearly a month to go around South America — the Canal is also a must-see tourist attraction.

Its on-site museum has images and tools starting with the original French attempt at building the Canal, which was followed by the successful American completion of the crossing in 1914. Tens of thousands died during construction due to illnesses carried by mosquitoes and engineers were forced to innovate to dig through the continental divide.

Today, the Canal is one of the Seven Wonders of the Modern World and employs about 9,500 people, bringing in \$1.5 billion to the Panamanian economy.

Although managed by the United States until 1999, the Canal is now nationally managed with an expansion on the way to handle larger ships. It's expected to be completed next year when the Canal turns 100. At the Miraflores lock, there's a buffet restaurant and viewing platform that allow tourists to see the ships enter the locks and watch them go through the various stages linking the ocean to Gatun Lake.

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Trip tips

Hit the road this summer



ON THE MOVE
Loren Christie
life@metronews.ca

If the lure of the open road is calling you, just pick a stretch of highway somewhere between Trinity and Tofino. From coast to coast, Canada has limitless options when it comes to the makings of a great summer road trip.

Nova Scotia's Cabot Trail has always been a personal favourite. It offers stunning scenery, wildlife viewing (whales and moose) and the opportunity to touch the distinct Acadian and Scottish cultures that colour the history of the province. It is an ongoing debate whether to do the drive clockwise or counter-clockwise — I prefer clockwise. It builds your anticipation of the sites along the route in a more logical fashion.

Route 132 in Quebec's Gaspé region offers a scenic shore-hugging drive through



The best way to see Canada?
In a car, of course. iStock

silver-steeped villages surrounded by mountains and serenaded by the sea. The route forms a loop of about 900 kilometres. As the seaway widens into the gulf, try some ferry-hopping to explore both coasts of the St. Lawrence River.

The Trans Labrador Highway is a relatively new 1,054 kilometre frontier highway that allows you to explore the wilderness, culture and adventurous nature of Labrador. Make sure to visit the 16th century Basque whaling station turned National Historic

Site in Red Bay. This section of the highway also offers numerous whale and iceberg viewing spots and the chance to visit the tallest lighthouse in Atlantic Canada.

For those who want to hit the pavement but don't want to do the actual driving go sidcar with Jasper Motorcycle Tours. They offer numerous touring packages of Alberta's stunning Icefields Parkway. You get up close and personal with not only the asphalt, but the scenery and the wildlife. On my tour we saw a brown bear, big horned sheep and more elk than I could count. The drivers are fully knowledgeable about the area so you enjoy a fully guided tour as you take in the sights.

If you prefer not having to suit up in leathers and a motorcycle helmet and are looking for something a little more fancy, consider Niagara Classic Cabs in Southern Ontario. They will customize your tour through the Niagara wine-growing region in high style. It's perfect for people who want to hit the wineries without worrying about who is going to be the designated driver.

Finders keepers in game for seekers

Geocaching craze.
Try a treasure hunt next time you travel

Ever since there were pirates or wide-eyed children searching for eggs on Easter morning, treasure hunting has been a draw for the adventurous.

The adventure, of course, is in the hunt as much as it is in finding what has been hidden and meant to be found.

Combine that sense of adventure with global positioning technology and a desire to take advantage of the great outdoors, and you have a phenomenon known as geocaching — and tourism promoters are catching on, hoping to cash in.

Some tourism groups have watched the geocaching trend blossom over the past decade, and are taking advantage of it to attract treasure hunters and



The tools of the geocaching trade.
THE CANADIAN PRESS

their treasure.

"There are a series of geocaches that have been set up in various locations with the express purpose of bringing people to that area," says John Robb, president of the Ontario Geocaching Association.

The Ottawa Valley Tourist Association, based in Pembroke, Ont., encourages visitors to pack their GPS units and head to Renfrew

County, northwest of Ottawa, a region that has become a popular geocaching destination with more than 300 cache sites scattered throughout the area.

Forgot your GPS, or don't have one? No problem. The association, like others, will loan one with a damage deposit.

It has become big business. "Anybody that does any level of geocaching will, at some point, travel to do geocaching," said Robb.

One of the largest annual geocaching events held in Canada is organized by the Central Ontario Geocachers. This year, hotels in and around Ontario's cottage country are expected to be inundated on June 15 by thousands of the sports enthusiasts for a hunt held at Geneva Park on the shore of Lake Couchiching, about 150 kilometres north of Toronto.

THE CANADIAN PRESS



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Mango Salsa Over Vermicelli: Sweet and savoury mash up



This recipe serves six as an appetizer or four as a main meal. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A fresh tasting summer pasta salad, this Mango Salsa Over Vermicelli is great for warm days. Add a grilled protein, such as fish or chicken, and you have a complete meal.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and set aside.

Ingredients

- 8 oz vermicelli or other fine-strand pasta
- 1 3/4 cups diced ripe mangoes
- 3/4 cup diced sweet red peppers
- 1/2 cup diced red onions
- 1/2 cup diced sweet green

Nutritional analysis

Per serving: 265 calories, 6 g protein, 3 g total fat, 1 g saturated fat, 44 g carbohydrates, 6 mg sodium, 0 mg cholesterol, 3 g fibre

2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and cilantro. Process on and off just until finely diced. Pour over pasta.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

- peppers
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro or parsley

Metro Exclusive

Cooking with Vikram Vij, Part 2

It's time for a second helping. Metro and Vikram Vij are teaming up once again to give readers an opportunity to cook along with the renowned chef during a live webstream Thursday at 9 ET/6 PT at metronews.ca/vijcooklive.

Joining Vij as he prepares a Chicken Coconut Curry will be Dawn Chubai, from Citytv's Breakfast Television in Vancouver, and 11-year-old Liam Lewis, a food blogger who will act as a sous chef, helping to prepare the ingredients.

Plan to cook along with Vij? Here is your shopping list:

- 2 chicken thighs deboned, skin off, chopped
- 2 chicken breasts, skin off, chopped
- 1/2 tsp saffron (optional)
- 1/3 cup cooking oil
- 1 tbsp cumin seeds or black mustard seeds
- 1/2 tsp asafoetida (optional)
- 2 tbsp finely chopped garlic (6 medium cloves)



Cook with Vikram Vij and Metro on Thursday. SUBMITTED

- 1 tsp turmeric
- 1 1/2 tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- 1/2 cup chopped cilantro (optional)

Remember to visit metronews.ca/vijcooklive this Thursday at 9 ET/6 PT to cook along live with Vij. You will also be able to tweet him at #VijCookLive

METRO

Drink of the Week

Basil and Raspberry Smash

A unique combination of tart and sweet raspberries as well as basil, cranberry juice and simple syrup, this refreshing drink is perfect as the weather continues to warm up.

- 5 basil leaves
- 10 fresh raspberries
- 1.5 oz Luksusowa
- .5 oz simple syrup
- .5 oz cranberry juice
- Garnish: 2 fresh raspberries and a basil leaf

Muddle basil and raspberries gently in a short glass. Add all other ingredients and fill glass 2/3 with crushed ice. Mix well using a bar spoon and top up with ice. **RECIPE: MACIEK STAROSOLSKI, GLOBAL BRAND AMBASSADOR, LUKSUSOWA VODKA/ PHOTO: YBIMC**



Dinner. Cheese-and-Apple-Stuffed Pork Chops



1. Soak toothpicks in water 10 minutes, to prevent from burning when cooking the pork.

2. In saucepan on medium-high heat, reduce balsamic vinegar and honey for 15 minutes, until it is a syrupy texture and the liquid has reduced to approximately 2/3 cup. Set aside.

3. In bowl, combine cheese, apples, orange juice, onions and thyme. Add drizzle of olive oil and pinch of salt; mix well.

4. Season pork chops with salt and pepper to taste. Place 2 to 3 tbsp (30 to 45 ml) of stuffing on each pork chop and close with toothpicks.

5. Cook on grill over medium heat 7 minutes on each side.

Serve with skewer of mixed grilled vegetables drizzled with balsamic reduction. **NEWS CANADA/ SAPUTOALACARTE.CA**

Ingredients

- Balsamic Reduction**
 - 2 cups (500 ml) balsamic vinegar
 - 6 tsp (30 ml) honey
- Stuffing**
 - 12 oz (340 g) Mozzarellissima cheese, grated
 - 3 green or red apples, grated
 - juice of half an orange
 - 3 green onions, finely chopped
 - 2 to 3 sprigs fresh thyme, stems removed
 - olive oil, to taste
 - salt and pepper, to taste
 - 6 pork chops, butterfly cut



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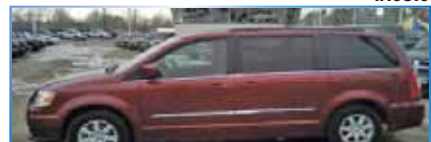
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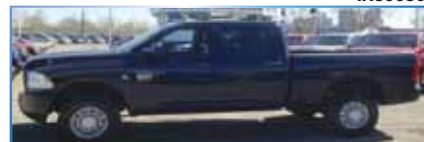
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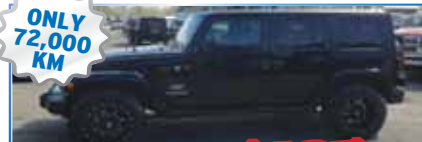
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Don't bring the beach to your business: Shedding light on sunny-season attire

Who wears short-shorts? Perhaps you do on your off-time, but try to be mindful of making your co-workers uncomfortable

MARY WHEELER
Metro World News

It's finally summer, that sweet time of year when we get to shake off our winter doldrums and shed the extra layers of clothing we've been bundled in for the past six months. But though the long, hazy days ahead are synonymous with relaxation, this doesn't necessarily translate to your work wardrobe. It may be beach weather out there, but that doesn't mean you can start showing up to the office looking like you're headed to the shore. We asked four style experts in Boston to weigh in on the summer staples that are appropriate for the workplace and those you should save for those weekend seaside jaunts.

Do: Coloured jeans

While jeans are typically seen as a "Friday only" look, a pair with a pop of colour is a great way to show off your personality. The right coloured jeans definitely do work at the office, says Dani McDonald, owner of Flock. "It's a great way to incorporate the colours of the season into your work attire," says McDonald. For a dressier look, McDonald recommends pairing your jeans with a silk blouse or a well-pressed shirt — with collar unbuttoned at top.



If your office is in the sand, dress in whatever duds you'd like. But chances are you've got people around you. Keep it professional! ISTOCK

Do: Florals

Think a fun floral print is too youthful for the office? Think again! "Floral (dresses) are on trend and work perfect for the office," says Ann Dingwell, owner of Turtle.

As long as the dress is the proper length, and not too low-cut, they're an office do, says Dingwell. To keep warm in AC blasted offices, Dingwell recommends pairing dresses with a jacket or light-

weight cashmere cardigan. Guys may want to add a pop of colour with a floral tie design, perhaps a nice paisley.

Don't: Maxi dresses

While long, flowing maxi dresses are both incredibly comfortable and versatile enough for most occasions, they don't pass for professional office attire.

"Maxi dresses tend to (either) be a little too casual (think beach wear or bathing

suit cover ups) or too dressy for a formal work environment," says Pam Santorelli, owner of Habit.

Santorelli recommends saving the maxis for the weekends, when you can dress them up — or down — as needed.

Do: Tank tops and T-shirts

Gone are the days when baring shoulders at the office was a no-no. Tank tops are great layering pieces for work, just remember

to save the rib-knit tanks for the gym. "Tank tops in the office are a do if they're dressy," says McDonald.

To keep the look work appropriate, McDonald suggests something structured, like a peplum tank, paired with a skirt.

Guys may want to avoid a printed T-shirt, but a solid-coloured or patterned T worn with a cardigan or sports jacket offers a light and fresh look.

Summer rules

Our experts also tell us that...

- If you're wearing open-toed shoes or sandals, a pedicure is a must, says Dingwell.
- You should invest in a good strapless bra. Bra straps, especially plastic, shouldn't be seen, says Benson.
- Lightweight dresses can be a little sheer, so wear a slip, says Santorelli.
- If you're not a fan of denim, then coloured khakis are a great option, says Benson.

Don't: Shorts

While shorts can exude a preppy confidence, Emily Benson, founder and owner of The Fashion Truck, a mobile fashion boutique, recommends steering clear of them.

"There are few occasions and few styles of shorts that actually work for a business setting," says Benson. So when it's 90 degrees out there and pants just won't do, go for a dress.

Don't: Flip-Flops

While these casual sandals are many people's go-to footwear on a swelteringly hot day, flip-flopping your way to your desk won't win you any marks at the office. Flip-flops should be worn only at the beach, says Benson.

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I present to you the power of communication

Skill of the speak.

The how-tos of delivering an effective and engaging presentation at work

SHAHEERAH KAYANI
TalentEgg.ca

From time to time, we are all faced with the challenge of delivering an effective presentation or communicating with others effectively to get our message across at work.

To deliver an effective presentation, it is important to first understand the communication model and the three components of communication.

The communication model begins with the sender (you). The sender encodes the message, the message goes through your chosen channel (such as a PowerPoint presentation), and the receiver (your audience)

will then decode your message and respond with their feedback.

There are also three very key elements that are the makeup of effective communication: 10 per cent content, 35 per cent vocal qualities, and 55 per cent body language and facial expressions.

Now that you understand the communication process, here are some tips on delivering an effective presentation:

Know your audience

It is very important to know your audience so that you can strategically relate your presentation topic and method of delivery to your audience. For example, if your audience is a panel of recruiters at a sales company (yes, an interview is probably one of your most important presentations!), you will need to dress professionally and present your work experiences and skills in a professional manner. But if your Early Childhood Education professor

Meeting mantra

Tell them what you are going to tell them, tell them, and tell them what you just told them.

Shaheerah Kayani
TalentEgg.ca

has given you the assignment of presenting to a group of pre-

schoolers, then you will need to use age-appropriate terms and child-friendly activities. From my own personal experience as a business student, for example, Apple has been the most common presentation topic among my peers as we can all relate to the company and its products fairly easily.

Use visuals

Most of us are visual learners,

and it can truly make your presentation so much better if you use visuals, such as images, diagrams, charts and videos, to support your presentation and message.

The classic presentation approach

Tell them what you are going to tell them, tell them, and tell them what you just told them. This is the classic presentation

approach that will help keep your presentation smooth and organized. Begin with an agenda, then the body of your presentation content, and finish off with a summary and conclusion.

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Dave Kelly, Keynote Speaker

The President of Pakistan, the CEO of a Fortune 500 Company, a graduate of Bow Valley College and The Cat in the Hat walk into a bar... and they ended up in Dave Kelly's life.

Dave has spent the past 20 years as an award-winning television and live event host, finding and telling stories from the 20,000 people he's interviewed. In that time, he's learned the stories that matter most aren't the ones we hear or the ones we tell others, but rather the ones we tell ourselves. These stories make the difference between good and great, reaching our goals and watching others reach theirs, between a life we want and a life we're stuck with.

Funny, engaging, heartfelt and smart, Dave uses the stories of the major moments in his life to help all of us live our best lives.



The amount of energy you demonstrate during your presentation will resonate with your audience, and keep them awake, listening and interested. And don't forget to smile. ISTOCK

Practice makes perfect

Check with your school to see if they have a practice presentation room, or ask one of your professors or peers if you can rehearse in front of them.

- Remember, you don't want to monotonously read off your cue cards, but rather you should try to memorize the content and know it well enough so that you can present it.



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No tips from our lips. Look beyond the job description to discover what characteristics are going to set you apart from the crowd

YLVA
VAN BUUREN
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If you're in the midst of a job search, you know it's important to study every job description to understand what the position requires — and how your skills and experience tie in.

But there are also certain characteristics that are valuable to organizations that you won't ever see in a job description, says Stefan Danis, CEO of Mandrake and NEXCareer.

"What you bring to a job really goes beyond your experience and skills. Organizations today are also looking for an attitude to align with or lift their culture. Those ex-

tras are often what make one person more hireable than another."

Here's the list that HR won't share:

Character

"We're constantly faced with having to make decisions and at the end of the day employers want to know that you'll make the right decision for them," Danis says. For example, if the company is in survival mode, they need you to make the right short term — and often difficult — decision. If the company is about growing into a long-term, sustainable business, they want someone with a longer time horizon who won't cut corners. To see if you have the character the company is looking for, the interviewer might ask questions about facing difficult decisions and how you chose to handle them. "They're looking at your moral compass, integrity and follow through."

Positivity

"We all have stories about

someone with a negative attitude. I believe more organizations are trying to scan for that. Positivity is not a necessity to do your job, but negativity is toxic to the work environment," Danis says. Valued employees project a happy disposition and a glass-half-full attitude.

Adaptable

Organizations today need people who are resilient and able to change as the company changes direction. "People who resent and resist change are literally a drag on an organization," Danis says. For example, if a company has to suddenly cut costs or lay off staff, "someone who can renew their vows to the organization's new direction almost immediately is very valuable."

Industrious

While companies promise mentoring and training, staff shortages or busy work schedules often result in new employees being left to figure things out on their own. "Let people know that while



A lot of people meet the job requirements but the most valuable employee doesn't settle for meeting expectations, says Stefan Danis — he or she exceeds them. ISTOCK

Minimal drama

- Personal and work lives are more intertwined than ever due to technology and the fact that more people work occasionally from home.
- "So while more work is done from home, organizations are usually not tolerant when someone brings 'home' issues to the office." Drama, intrigue and in-fighting are office staples — don't get involved, says Danis. Your boss won't tolerate office opera either.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

you value mentoring you acknowledge that it is sometimes difficult for people to follow through on doing it. A valued employee resists blaming the organization; instead, that person figures things out by quickly building an internal support network," Danis says.

Dependable

"Having the discipline to follow through is so important. When asked to do something, a valuable employee never lets you down." You can prove this with examples that show how you successfully completed a variety of often-conflicting assignments on time and on budget.

Job focused

Organizations want employees who do what they are

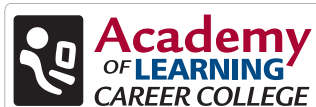
paid to do. Surfing the web has taken over as the number one time waster in the office, says Danis. "It is killing productivity. Turn Facebook off and resist visiting LinkedIn and your stock picks. That should all be done at home."

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ISTOCK

From page to prosperity: Get ahead with a good book

Whether you've just finished another year at school or are fully immersed in a full-time job, we beckon you to spend at least some time this summer at the beach, cottage, campground or park buried in some wonderful books. Read and enjoy — or challenge — any of these picks, just make sure you take some time to dust off your library card and pick through some pages this summer.

NAOMI BROWN
TalentEgg.ca



What The CEO Wants You To Know

By Ram Charan

The draw

This book provides the new grad with a comprehensive overview of business concepts in an easy-reading style, and presents you with all of the key business knowledge you should have when you first jump into the work force.

The take away

Your take aways from this book will vary depending on your own personal background. A business major may find it simplistic, but pretty much everyone else will find value in the comprehensive information that is presented in the book, and be able to apply that knowledge to improve their own understanding of personal performance.

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The 7 Habits Of Highly Effective People

By Stephen R. Covey

The draw

The 7 Habits Of Highly Effective People is a book that presents real, concrete concepts (with only a dash or two of the new-age, hippie stuff) that you can utilize to increase your effectiveness in your role.

The take away

This is not a book you read once and put away; it's a reference guide as much as it is anything. For new grads and students, The 7 Habits can lay the groundwork for working through so many of the issues you will encounter during your career and sets the stage for becoming a successful, effective leader.

Getting Things Done

By David Allen

The draw

In Getting Things Done, Allen outlines concrete methods for time management that will allow you to increase your productivity through easy-to-follow process maps and methods that are not complicated to implement but which will make big changes



to your productivity.

The take away

Allen argues that by following a structured system of organization, you can clear your mind of the stress that continually pops up from incomplete items and focus better on the work at hand. This improves both your ability to complete work on time and also work on a more engaged and productive level.

How To be Exceptional

By various authors

The draw

How To Be Exceptional is on this list because it presents a compelling leadership development method that runs counter to much of the information that is currently prevailing in the business world. Although it's geared toward leaders,

it's also applicable for new grads.

The take away

This book will highlight for you the importance of magnifying your strengths by introducing the concept of cross-training in order for you to develop similar competencies to the skills you already do well.



So Good They Can't Ignore You

By Cal Newport

The draw

So Good They Can't Ignore You presents the flip side of choosing a career based on what one may be passionate about. Newport argues that by creating a "craftsman mindset" as opposed to a "passion mindset," one can clearly see what needs to be done and build the skills necessary to



grow career capital that will help you translate your skills into valuable work, thereby providing you with the ability to create your dream job.

The take away

The book provides concrete takeaways that you can apply in your own life to help you build your skills and career capital even when you are struggling to translate your passions into career choices.



Kings goalie Jonathan Quick makes a blocker save on a shot by the Blackhawks' Bryan Bickell on Tuesday night in Los Angeles. HARRY HOW/GETTY IMAGES

Kings pull it together at the Staples Center

NHL playoffs.

Defending champions extend home winning streak to 15 games, cut series deficit to 2-1

Slava Voynov had a goal and an assist, Jonathan Quick made 19 saves, and the Los Angeles Kings beat Chicago 3-1 in Game 3 of the Western Conference finals on Tuesday night, trimming the Blackhawks' series lead to 2-1.

Justin Williams also scored and Dwight King added an empty-net goal in the defending Stanley Cup cham-

Game 3

3

Kings

1

Blackhawks

pions' 15th consecutive home victory since March. The Kings have won eight straight home playoff games, dating to last season's title clincher, and they never trailed while ending the top-seeded Blackhawks' five-game post-season winning streak.

Game 4 is Thursday night. Bryan Bickell scored and

Corey Crawford stopped 25 shots for the Blackhawks, who chased Quick from Game 2 and earned back-to-back home victories to open the series last weekend.

The Kings had lost five of their previous seven playoff games before getting back to friendly Staples Center and their sellout crowd. Quick also returned to Conn Smythe Trophy form in Game 3, highlighted by a dazzling late save on Bickell, while his low-scoring teammates generated just enough offence to hold off the Blackhawks, who hadn't lost since Game 4 of the second round.

Jeff Carter had two assists during an inspired effort despite

the absence of injured linemate Mike Richards, and Voynov had his fourth multipoint game in a prolific post-season.

The Blackhawks matched their playoff low with just 20 shots, but the Presidents' Trophy winners were one good bounce away from tying the score in the final minutes.

Brandon Saad nearly had an open net after a cross-ice pass from Viktor Stalberg with 5 minutes left, but couldn't collect the puck. Moments later, Duncan Keith missed a near-breakaway at the Kings' blue line when Chicago went offside — and Quick set off a frenzy in the crowd when he improbably stopped Bickell's fine chance late. **THE ASSOCIATED PRESS**

NHL playoffs. 'We gave them the game,' Crosby says



Sidney Crosby and Zdeno Chara mix it up during Game 1 on Saturday. **THE ASSOCIATED PRESS**

Sidney Crosby and the potent Penguins have been punchless.

Pittsburgh led the NHL in scoring in the regular season. It averaged 4.27 goals per game in the first two rounds of the playoffs. And it poured in 13 goals in the last two games of the Eastern Conference semifinals.

Since then?

No addition necessary.

The Penguins have just one goal in two losses on their home ice to the Boston Bruins. To play there again this season,

they must win Wednesday or Friday and avoid what seemed so improbable just a few days ago — being swept in the best-of-seven conference final.

"Right now, we're not liking the picture, down 0-2. They're in control," Penguins coach Dan Bylsma said. "I don't think we're frustrated by the fact that we haven't scored as much as (the fact that) they're getting up leads, especially in Game 2."

The Bruins won the opener 3-0 but led just 1-0 after two

periods. The second game was much different. They rolled to a 4-1 lead after one period and remained aggressive in finishing off their 6-1 rout. The Penguins' effort waned as the game went on.

"I didn't do anything, didn't change anything. It felt like every time we had a puck that was bouncing, we ended up giving it away," Crosby said. "We gave them the game. We didn't really do anything to give ourselves a chance to win." **THE ASSOCIATED PRESS**

Calling it a career

Despatie retiring from diving

Three-time world diving champion Alexandre Despatie is retiring after an illustrious career that saw him burst onto the international scene as a 13-year-old phenomenon.

Despatie, 27, is the only diver to have won world championships in all three of the one-metre, three-metre and 10-metre events.

THE CANADIAN PRESS

Murder case

Pistorius stoic in court hearing

Oscar Pistorius stood for his entire 15-minute court hearing Tuesday, staring straight ahead, hands clasped in front of him and giving away little emotion as the world got its first close-up view of the double-amputee Olympian and murder suspect in nearly four months.

Pistorius faces a life sentence in prison, with a minimum of 25 years, if convicted of premeditated murder, the charge against him for the shooting death of Reeva Steenkamp.

THE ASSOCIATED PRESS



Oscar Pistorius leaves court on Tuesday in Pretoria, South Africa. **THE ASSOCIATED PRESS**

Mandatory safety

NHL, union reach visor consensus

At some point in the not-too-distant future, all NHL players will wear visors.

That's the long-term implication of Tuesday's decision by the competition committee to make visors mandatory for all players entering the league beginning next season.

Five owners and five players reached a consensus to grandfather in mandatory visors, meaning that all current players will still have the choice but incoming ones must continue to wear them as they have in junior, college and in Europe. **THE CANADIAN PRESS**

Gibbons would 'be surprised' to see Melky banned again

MLB. Jays manager says outfielder's co-operation in PED investigation should help prevent second suspension

Baseball is on the verge of the biggest drug scandal in North American sports history, but there is no indication Blue Jays outfielder Melky Cabrera will be involved in an expected onslaught of PED suspensions by MLB's front office.

Cabrera and the Jays were on the field in San Francisco when ESPN broke a story claiming a "biogenics" doctor in Miami had struck a deal with baseball to "name names" of players to whom he provided banned substances.

The report says baseball will seek suspensions for up to 20 players — and that bans as long as 100 games will be sought for superstars Alex Rodriguez and Ryan Braun.

Cabrera served a 50-game drug suspension last season while with San Francisco and has said he has been co-operating with baseball in its investigation into the use of banned substances by major league players.

The ESPN report, citing unnamed sources, says baseball's investigation centres on the Miami Biogenesis clinic operated by Tony Bosch.

"I know he (co-operated) and that (he) was tied into the investigation," Jays manager John Gibbons said.

"I'd be surprised (by further suspensions for Cabrera) because he's served one already."

Cabrera, through a Jays spokesman, said he had no comment in the wake of the ESPN report.

Both Rodriguez and Braun have denied ties to Bosch, but Cabrera, when he reported to spring training, issued a statement saying he was co-operating with baseball in its investigation.

TORSTAR NEWS SERVICE



Jays outfielder Melky Cabrera takes batting practice on Tuesday in San Francisco. THE ASSOCIATED PRESS

Raptors introduce Ujiri

From the Rockies to a hard place

Masai Ujiri left one of the NBA's biggest success stories this season to salvage a team that has never tasted triumph.

And when the new Toronto Raptors general manager was introduced to the media on Tuesday, he summed up his decision with two simple words: "I'm home."

"It was a tough decision to leave Denver. It was an easy decision to come here," Ujiri said at Air Canada Centre. "I'm home. I love Toronto. I love this place."

The NBA executive of the year with the Denver Nuggets replaces Bryan Colangelo, the man who was once Ujiri's mentor in Toronto. The 42-year-old Ujiri was an assistant GM with Toronto for three seasons before leaving for Denver in 2010. Colangelo remains the Raptors' team president, while Ujiri is president and GM of basketball operations.

The Nigerian-born Ujiri has been tasked with turning around a franchise that hasn't made the playoffs

in five years, and has only advanced past the first round once in 18 seasons.

"It's not all bad, there's plenty good about it," he said. "It's our job to make it better. It's our job to create a winning environment and that's why I'm here."

Ujiri said he won't rush his decision on the fate of head coach Dwane Casey.

"I've talked to Dwane Casey a couple times and we're going to sit down and I want to understand what his philosophies are and I'll tell him what my philosophies are or what I think needs to be changed," said Ujiri, who added he didn't see "any reason" why Casey wouldn't coach the team next season.

THE CANADIAN PRESS



Masai Ujiri speaks to reporters on Tuesday in Toronto. THE CANADIAN PRESS

NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 2-0)

Monday's result

Boston 6 Pittsburgh 1

Saturday's result

Boston 3 Pittsburgh 0

Wednesday's game

Pittsburgh at Boston, 8 p.m.

Friday's game

Pittsburgh at Boston, 8 p.m.

Sunday's game

x-Boston at Pittsburgh, 8 p.m.

Tuesday, June 11

x-Pittsburgh at Boston, TBD

Wednesday, June 12

x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-1)

Tuesday's result

Los Angeles 3 Chicago 1

Sunday's result

Chicago 4 Los Angeles 2

Saturday's result

Chicago 2 Los Angeles 1

Thursday's game

Chicago at Los Angeles, 9 p.m.

Saturday's game

Los Angeles at Chicago, 8 p.m.

Monday, June 10

x-Chicago at Los Angeles, 9 p.m.

Wednesday, June 12

x-Los Angeles at Chicago, TBD

x — played only if necessary

NBA PLAYOFFS

FINAL

(Best-of-7)

MIAMI (1) VS. SAN ANTONIO (2)

Thursday's game

San Antonio at Miami, 9 p.m.

Sunday's game

San Antonio at Miami, 8 p.m.

Tuesday, Jun. 11

Miami at San Antonio, 9 p.m.

Thursday, Jun. 13

Miami at San Antonio, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	36	23	.610	—
Baltimore	33	25	.569	2½
New York	33	25	.569	2½
Tampa Bay	31	26	.544	4
Toronto	24	33	.421	11

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	31	25	.554	—
Cleveland	30	28	.517	2
Minnesota	26	29	.473	4½
Chicago	24	31	.436	6½
Kansas City	23	32	.418	7½

WEST DIVISION

	W	L	Pct	GB
Texas	35	22	.614	—
Oakland	35	25	.583	1½
Los Angeles	25	33	.431	10½
Seattle	25	33	.431	10½
Houston	21	38	.356	15

Tuesday's results

N.Y. Yankees 4 Cleveland 3

Detroit 10 Tampa Bay 1

Boston 17 Texas 5

Baltimore 4 Houston 1

Minnesota 3 Kansas City 0

Chicago Cubs at L.A. Angels

Chicago White Sox at Seattle

Monday's results

N.Y. Yankees 7 Cleveland 4

Houston 2 L.A. Angels 1

Seattle 4 Chicago White Sox 2

Wednesday's games — All times Eastern

Cleveland (Kluber 3-3) at N.Y. Yankees

(Sabathia 5-4), 1:05 p.m.

Chicago White Sox (Axelrod 3-4) at Seattle

(Iwakuma 6-1), 3:40 p.m.

Chicago Cubs (Garza 1-0) at L.A. Angels

(Vargas 5-3), 7:05 p.m.

Tampa Bay (Cobb 6-2) at Detroit (Fister

5-2), 7:08 p.m.

Texas (Ogando 4-2) at Boston (Lackey 3-5),

7:10 p.m.

Baltimore (Garcia 2-2) at Houston (Keuchel

2-2), 8:10 p.m.

Minnesota (Walters 2-0) at Kansas City

(Guthrie 5-3), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	36	22	.621	—
Washington	29	29	.500	7
Philadelphia	29	30	.492	7½
New York	22	33	.400	12½
Miami	16	43	.271	20½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	38	19	.667	—
Cincinnati	36	23	.610	3
Pittsburgh	35	24	.593	4
Chicago	23	32	.418	14
Milwaukee	22	35	.386	16

WEST DIVISION

	W	L	Pct	GB
Arizona	32	25	.561	—
San Francisco	30	27	.526	2
Colorado	31	28	.525	2
San Diego	26	31	.456	6
Los Angeles	24	32	.429	7½

Tuesday's results

Philadelphia 7 Miami 3 (11)

Washington 3 N.Y. Mets 2

Colorado 5 Cincinnati 4

Atlanta 5 Pittsburgh 4 (10)

Milwaukee 4 Oakland 3 (10)

Arizona at St. Louis

San Diego at L.A. Dodgers

Toronto at San Francisco

Monday's results

Philadelphia 7 Miami 2

Cincinnati 3 Colorado 0

Atlanta 7 Pittsburgh 2

Oakland 10 Milwaukee 2

St. Louis 7 Arizona 1

L.A. Dodgers 2 San Diego 1

Wednesday's games — All times Eastern

Pittsburgh (Rodriguez 6-3) at Atlanta

(Teheran 3-2), 12:10 p.m.

Miami (Turner 1-0) at Philadelphia (Hamels

1-9), 1:05 p.m.

Oakland (Colon 6-2) at Milwaukee (Gallardo

4-5), 2:10 p.m.

Toronto (Dickey 4-7) at San Francisco (Zito

4-3), 3:45 p.m.

N.Y. Mets (Gee 3-6) at Washington (Haren

4-6), 7:05 p.m.

Colorado (Garland 3-6) at Cincinnati (Cueto

3-0), 7:10 p.m.

Arizona (Miley 3-5) at St. Louis (Kelly 0-2),

8:15 p.m.

San Diego (Marquis 6-2) at L.A. Dodgers

(Kershaw 5-3), 10:10 p.m.

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2013 Dodge Dart GT shown.[†]

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4-WHEEL DISC BRAKES	STD	AVAIL	STD	N/A	AVAIL
7-INCH TFT DISPLAY	AVAIL	N/A	N/A	N/A	N/A
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2014 Mitsubishi Mirage



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Yet another global small car finds a home in North America

MALCOLM GUNN
wheelbasemedia.com

It's lean times these days for Mitsubishi fans. With only a variety of Lancer and Outlander models plus the iMiEV electric car on showroom floors, product diversity is definitely lacking. Fortunately, some relief is at hand in the form of the 2014 Mirage sub-compact.

In the distant past, various Mirages were imported to North America wearing Mitsubishi, Dodge and Plymouth labels (Chrysler and Mitsubishi once worked closely together). That well dried up after the 2002 model year, but it will be at least partially replenished this fall by a small four-door

hatchback that the automaker promises will be one of the most fuel-efficient non-hybrids you can buy. The new five-passenger Mirage hatchback, currently manufactured in Thailand for Mitsubishi's European and Asian markets, is due here this fall.

A quick walk-around confirms that the vehicle's diminutive appearance is no, uh, mirage. The little zipper is perched low to the ground on tiny 14-inch wheels that would seem right at home on a Smart ForTwo. The rounded and somewhat stubby front gives the car a cute-in-its-own-way appearance that belies its wind-cheating drag coefficient. Although the front doors and liftgate are generously sized, smallish rear doors and a sloping roofline hamper three-in-a-pinch rear-seat access.

The interior appointments are simple, yet tasteful, with

2014 Mitsubishi Mirage

- **Type.** Four-door, front-wheel-drive sub-compact hatchback
- **Engines (hp).** 1.2-litre DOHC three-cylinder (74hp)
- **Transmissions.** Five-speed manual; continuously variable (CVT)
- **Base price (incl. destination)** \$13,000 (est.)

Fuel Economy

Contemplating a vehicle this small usually involves compromises and in the Mirage's case you give up room in return for exemplary fuel economy. Mitsubishi is estimating 5.3 l/100 km in the city and 4.4 in the highway. That beats the Chevy Spark's 6.3/5.1 rating and even surpasses the Smart Fortwo's 5.8/4.7.

Design

The car is larger than the Chevrolet Spark, for example, in most key exterior measurements by five to 7.5 centimetres. However, it's more petite than other competitors, notably the Ford Fiesta, Honda Fit and Hyundai Accent hatches.

easy-to-read gauges and controls that gibe with the Mirage's practical nature. The 60:40 split rear seat can be folded down for added stowage but even when occupied there's reasonable space for groceries and gear.

The base model actually comes with a decent list of features, such as tilt steering, keyless entry, power windows

and outside mirrors, a 140-watt four-speaker audio system and an eco indicator that lights up when you're operating in a fuel-saving manner. The Mirage also has seven standard airbags, including a driver's knee inflatable.

Move up to the premium model and the content list is expected to include automatic

climate and speed control, alloy wheels, steering-wheel-mounted audio switches, fog lamps and keyless entry and a start/stop button. The Mirage will never be confused for a junior-sized luxury car — leather seats, sunroof and other niceties aren't offered — but as a short-haul urban commuter it's the right car for the job.

5
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Billionaire Musk says Supercharge me

Autopilot. Versatile multi-tasker behind Tesla to build risky North America-wide charging network



AUTO PILOT
Mike Goetz
drive@metronews.ca

Tesla is not waiting. You other electric car companies and various government jurisdictions can just keep combing your hair and looking for your wallet and house keys. Tesla is heading out the door. That's the gist of Tesla's announcement last week about its intent to build a continent-wide network of charging stations, all by its lonesome.

Supercharging

The network will utilize the new Tesla "Supercharger," currently in beta testing and scheduled to roll out to customers this summer. The technology will allow the



Leave your car for 20 to 30 mins for three hours of driving. BOTH PHOTOS HANDOUT

Tesla Model S to be charged at 120 kW, replenishing three hours of driving in about 20 to 30 minutes — just enough time for a double-double and a bodily-function break. You're then free and able to drive off to another city, and another supercharger station, and to repeat that process as many times as you would like. In a statement, Tesla said

the Supercharger network will enable Tesla owners "to travel long distances, for free, indefinitely." Yes, free fuel. But indefinitely? I don't think that can actually work, unless you're one of those teenage vampires.

The Network

Currently Tesla already has a network that services Califor-



The futuristic charger will soon eclipse the gas pump.

nia and Nevada on the west coast, and the Washington, DC to Boston region on the east coast. By next month, the number of stations will triple to cover more regions, including the northwest (Vancouver to Seattle to Portland). Within six months the network will purportedly connect "most of the major metro areas in the U.S. and

Canada," including Ottawa to Montreal. Apparently, it will then be possible to travel diagonally across the U.S. from Los Angeles to New York using only the Tesla Supercharger network. And within a year, the network will, according to the statement, "stretch across the continent, covering almost the entire population of the U.S. and Canada."

The man behind Tesla

The Tesla charging network is just one more bold move by Elon Musk, the enigmatic co-founder, CEO and Product Architect of Tesla Motors. Other things on the billionaire's résumé: co-founder of PayPal; co-creator and principle shareholder of SolarCity, the leading provider of solar power systems in the U.S.; chief designer at SpaceX, which does a lot of things in space with rockets, like shuttling cargo back and forth from the International Space Station.

Sometimes one strong, determined and capable person taking a calculated risk is the only way big things can get done. Otherwise it's a quagmire of committees, special interest groups and over thinking. But while I admire Elon Musk, I'm not sure I like him. He's making the rest of us look bad. Especially those of us who struggle with decisions.

Do I have trouble making decisions?

Well, yes and no.

Car colour: There's protection in that paint



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AMVIC LICENSEE

Driving force. Several different layers laid on and cured on the factory floor are all part of the long term battle against corrosion

Cleaner process

"We now have one bake for all three layers, which lowers the carbon footprint by anywhere from 15 to 25 per cent and the energy saving is very significant."

Tim Weingartz, paint materials and strategy manager for Ford Motor Company
On how the latest painting technology is easier on the environment

You might think your vehicle's paint is all about it looking good, but it's just half the story.

That paint job actually involves a multi-stage process that's as much about protecting the metal from corrosion as it is about appearance.

The first step starts before the car is even built. "The steel comes in as a coil with a zinc layer that's applied at the mill," says Tim Weingartz, paint materials and strategy manager for Ford Motor Company.

"The zinc is the first layer for corrosion protection."

The steel is made into a vehicle body, which is then dipped into two different tanks, each containing more than 60,000 litres of corrosion-resistant coating materials.

The body is then baked at 180 degrees Celsius to cure the coatings. These, plus that first zinc coating, provide three initial layers of protection against rust. The first paint step is primer. It protects the top anti-corrosion layer from sunlight, which can make it go chalky, and it provides a smooth base for the paint.

Since it's a relatively elastic coating, it also absorbs the energy when debris hits it, helping to prevent stone chips.

"After that, we put on the layer that everyone thinks of as the paint," Weingartz says.

"It's typically a base coat which contains the colour and pigment. Over top of that, we apply clear coat. It's a superior barrier and it gives the car that depth of appearance that adds to the esthetics of the vehicle."

Some colour coats contain tiny flakes of aluminum or mica. Known as "metallic" paints, these give the finish an extra glimmer. All of the primer, paint, and clear coat layers together are about as thick as a human hair. Once the final clear coat layer is applied, the vehicle is baked again to cure the paint.

"We used to bake the primer separately, and then the base coat and clear coat," Weingartz says. "We now have one bake for all three layers, which lowers the CO2 footprint. This elevated us environmentally, and it's a cost savings, too."

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Parts Department

WHEELBASE MEDIA

Keep it steady

If you own a motorcycle, you've likely had occasion to transport it by trailer or in the bed of a pickup. In any event, you were likely concerned about the bike somehow tipping over. To move your ride safely and securely, consider the Motorcycle Wheel Chock that's a new product from Steadymate. The Wheel Chock can be securely bolted to the floor using the hardware that's included. Or, you can set it up in your garage by attaching the rubber feet (also included). Fits wheel sizes from 12 to 26 inches in diameter. The Wheel Chock sells for \$229 and can be ordered from the Toronto-based company at steady-mate.com.



Clean cleaning cloths

There are plenty of specially developed cloths, towels and mitts on the market for washing, wiping and waxing the exterior and interior of your vehicle. But how do you restore them to a useful condition after you've dirtied them up a bit? The maker of WHOOSH! claims that its biodegradable detergent will not harm the micro-fibres that are commonly used to manufacture cleaning cloths and applicators. Instead, they will turn out as soft and fluffy as new, which is what you need to get back to work on your vehicle. A 32-ounce (946 ml) bottle sells for \$20 US and is available from the manufacturer at whooshinc.com.



Flip your Jeep lid

Talk to any owner about their Jeep Wrangler and they'll wax poetic about their favourite off-roader. But ask them about removing and reinstalling the Jeep's canvas top and the conversation might get uncomfortable. In short, it's not much fun wrestling with the various snaps, zippers, hooks and other attachments. A solution is in hand in the form of the power-operated MyTop from Roadwire. The company states that its lid will automatically fold back and reverse itself in about six seconds and the folding/re-folding process are of the same design used to operate the canopies of fighter jets.

MyTop is priced at \$4,700 US, plus installation. More info is available at roadwire.com.



An illuminated belt

When travelling at night, it's difficult for front or rear-seat passengers to read a book, play a game or fiddle with their personal audio devices without flipping on a glare-creating dome lamp. That won't present a problem if they use the SpotGlo light from Autolite. This fully adjustable cellphone-sized light-emitting-diode (LED) illumination source clips onto the user's seatbelt without causing any annoying and potentially distracting-for-the-driver glare. The SpotGlo is powered using three AAA batteries (not included) and will reportedly last for a minimum of 10 hours on the high setting, or 25 when set to low. One costs \$10 US, visit autobarn.net.



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Chevy and Bugatti ready to Transform on the big screen

The cartoon-turned-movie's fourth instalment Transformers 4 is doing a little transforming of its own. Its getting a new cast. The new 2014 Chevrolet Corvette Stingray, shown in this photo, and the Bugatti Veyron Grand Sport Vitesse will join the Autobots on screen, slated to open June 27, 2014, according to the official Transformers Facebook fan page.

TORONTO NEWS SERVICE

Horoscopes

Aries

March 21 - April 20

You may prefer to hide than to deal with people who annoy you today. But that would be a shame because the planets indicate you have much to share, and much to gain from expressing your point of view.

Taurus

April 21 - May 21

Someone you live or work with will test your willingness to stand up for what you believe over the next 24 hours. They don't know you as well as they should. A Taurus never gives in!

Gemini

May 22 - June 21

You may be big and tough enough to face a worrying situation alone by there is no reason why you should. Call on friends and colleagues to back you up today.

Cancer

June 22 - July 23

A loved one is eager to kiss and make up and, deep down, so are you. Get over your hurt feelings and get back together. And remember: Everyone falls out occasionally.

Leo

July 24 - Aug. 23

According to the planets, affairs of the heart need extra attention today, as do friendships that seem to be drifting apart. The upcoming new moon can heal any rift. But first that has to be your desire.

Virgo

Aug. 24 - Sept. 23

Most people respond well to reason but one person is behaving so badly that you may have no choice but to lay down the law. No one plays hardball better than a Virgo.

Libra

Sept. 24 - Oct. 23

If someone offers you advice today, you would be wise to listen and, if possible, take action. The last thing they want is to see you make a silly and costly mistake — and you don't want to see it either.

Scorpio

Oct. 24 - Nov. 22

An opportunity to improve your status at work looks tempting but the planets warn it will mean a lot of extra responsibility and you already have too much on your plate.

Sagittarius

Nov. 23 - Dec. 21

Your plans for the day should be based on what interests you, not on what other people expect of you. If you let them tell you what to do once, they will do it again and again.

Capricorn

Dec. 22 - Jan. 20

You may be doing well but you are also worried that the more you gain, the more likely it is someone will come along and take it away from you. That's far too negative an attitude — and far too materialistic.

Aquarius

Jan. 21 - Feb. 19

Routine tasks will come easy to you today and you will feel immensely pleased with yourself when it's all done. You will also be entitled to take it easy this evening, maybe in the company of a special friend.

Pisces

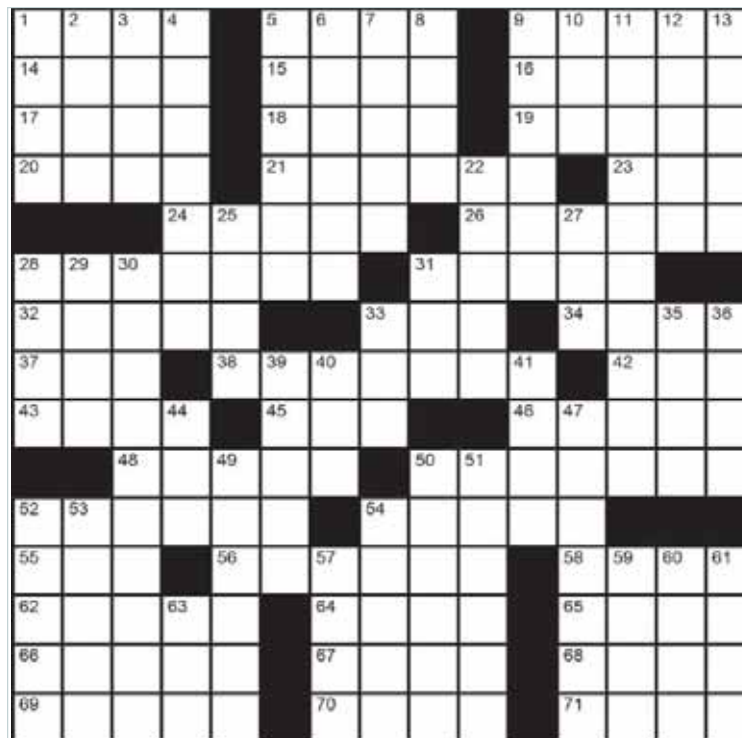
Feb. 20 - March 20

If you have something to say, you must speak up. According to your solar chart, a frank exchange of views is not just an option but a must. Without it, confusion and bad feelings will continue. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Fermented honey drink
5. Matt of jazz in Canada
9. Berry
14. "ER" complaint
15. Empire of yore
16. Kind of wall+hanging
17. Restaurant bigwig
18. Go to and fro
19. Not that much
20. Organism body
21. Champagne/orange juice drink
23. Madhouse
24. Necklace fastener
26. Sports team participant
28. Be left-on-the-counter-too-long bread: 2 wds.
31. Climbing leguminous plant
32. Mythology: Rarified fluid
33. Poetic contraction
34. Geological periods
37. "Murder, ___ Wrote"
38. Canadian singer of "Sometimes When We Touch": 2 wds.
42. Kind of small deer
43. Highway honker
45. Farm fluff
46. Put out
48. 1940s jazz
50. "Working for the ___" by Loverboy
52. Edvard Munch painting, The ___



54. Barry Manilow song
55. Romance
56. Dismount the bus or train: 2 wds.
58. Thingy like this:
62. Melanie Griffith movie, "A Stranger ___ Us" (1992)

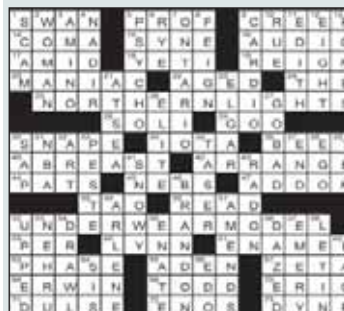
64. Bit of knowledge
65. Concept
66. Orange ___ tea
67. Computer company
68. "___ the time!" (Go for it!)
69. Place
70. Gave the once over

71. "Anything ___?"
- ### Down
1. PC alternatives
 2. Lingering sound
 3. "Excuse me..."
 4. In+reality: 2 wds.
 5. Gloomy
 6. Foolish
 7. Rapsallion
 8. Send to the boxing

9. Some volcanic rock
10. Paris landmark, ___ de Triomphe
11. Neil Young's backing band: 2 wds.
12. Dugout
13. Prominent Titanic passenger, John Jacob ___ IV (b.1864)

- d.1912)
22. Participate in a bee
25. Grease
27. Superstar
28. Hollywood legend Lillian
29. Resort in Jamaica, ___ Rios
30. Quebec locale of Bishop's University
31. Lucky number, ancient Rome style
33. Your, Bible-style
35. Adjective's friend
36. Sunflower what?
39. "Oh, give me ___ where the buffalo..."
40. Log Z's
41. Not a truthful
44. Wedding announcement word
47. Toronto's has the CN Tower in it
49. Prepped groceries at the cash
50. Breakfast appliance, ___ iron
51. Wrap with a covering
52. Changes for another
53. Space object
54. It makes the world go round
57. Detergent brand
59. British rocker Billy
60. Huey Lewis & The ___
61. Alleviate
63. "Never." = "___ thousand times."

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

THURSDAY

FRIDAY



MAX: 21°
MIN: 9°



MAX: 20°
MIN: 8°



MAX: 17°
MIN: 9°

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